

Inglewood News

AND LENNOX CITIZEN

The Weekly Newspaper of Inglewood

Herald Publications - Inglewood, Hawthorne, Lawndale, El Segundo, Torrance & Manhattan Beach Community Newspapers Since 1911 - Circulation 30,000 - Readership 60,000 (310) 322-1830 - September 18, 2014

Inside This Issue

Business Briefs.....2

Calendar.....3

Classifieds3

Certified & Licensed Professionals4

Food8

Hawthorne Happenings ...3

Legals 5-7

Police Reports.....3

School Spotlight.....2

Seniors4

Sports5

South Bay Cities of Color



A green-and-yellow taxi makes a startling contrast, parked at the entrance of the Inglewood Marketplace. Photo by Osvin Suazo, ozzy.suazo@gmail.com

Weekend Forecast

Friday
Partly
Cloudy
73°/64°



Saturday
Partly
Cloudy
74°/64



Sunday
Partly
Cloudy
77°/66°



City Approves Program to Provide Healthy Meals for Kids

By Cristian Vasquez

In a unanimous 5-0 vote, the Inglewood Mayor and City Council approved a resolution that would allow One Hundred and Eighty Degrees and Still Standing [180SS] the ability to serve free meals to Inglewood's younger-than-18-year-old children through the city's out-of-school programs.

The free meals would be served through the Child and Adult Care Food Program [CACFP] from Sept. 14 to June 19, 2015. The city's "out-of-school time programs" are operated through the Parks, Recreation and Library Services Department and include After School Recreation Program [ASRP].

The staff report presented to the council indicates that the mayor and city council approved a grant by the National Recreation and Parks Association [NRPA] on May 13 in order to allow for an increase in the amount of healthy meals that kids in low-income communities receive via the Summer Food Service Program [SFSP] and the CACFP during the months in which said kids are not in school. The grant was awarded by NRPA on April 1 in the amount of \$30,000, along with \$10,000 to purchase "in-kind nutrition literacy materials." The grant also provided \$1,200 to cover travel expenses to Reston, Virginia where "evidence-based nutrition literacy training" for Organ Wise Guys [OWG]. OWG is designed for "youth at out-of-school time program" sites throughout the summer and fall.

Through this grant and the nutrition programs that it funds, Inglewood kids are taught healthy eating habits and the importance to maintaining healthy diets. The nutrition literacy program aims to establish behaviors and habits conducive to healthy eating as well as engaging in physical activity.

The agreement with NRPA will also provide funding for a program specialist that is responsible for the coordination of all OWG nutrition literacy materials for kids at 10 different out-of-school time program sites. With the agreement, OWG will continue its nutrition literacy program through the city's ASRP sites, located at: Bennett-Kew, Centinela, Highland, Hudnall, Kelso, Oak and Worthington Elementary Schools, as well as La Tijera and Parent Schools.

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The staff report indicated that ASRP is a fee-based program that operates for 40 weeks in one school calendar year and which has "served thousands of underserved students and their families" in what is described as "as safe and supervised environment where City of Inglewood elementary and middle school children receive educational, enrichment and recreational instruction."

ASRP usually provides the staff to help kids with homework or additional tutoring needed five days a week. The program also engages children in sports, games, arts and crafts, reading and other mentoring activities. "The program is designed to help our participants develop socially, succeed in school, stay physically active, and prepare for positive futures," stated the report.

The staff report also indicated that many of the participants in the program are yet to receive the full benefits of the education and recreational activities provided by 180SS. It is estimated that 180SS will provide 400

free "suppers per day" at each of the ASRP sites, as well as Inglewood's main and Crenshaw-Imperial Library branches, Darby Park and Rogers Park. The suppers provided will include both cold and hot meals, milk, fruit and certain desserts. As the city's SFSP contractor for 2014, 180SS is already familiar with providing meals in the city during the summer and will now be able to extend its operations for the entire school year.

The meals provided meet the standards and guidelines established by the Los Angeles County Health Department and the serving of the meals are subject to monitoring by state and federal agencies.

CITY TO HOST HISPANIC HERITAGE FESTIVAL

The City of Inglewood will once again host its Hispanic Heritage Festival on Saturday Sept. 20 from 11 a.m. to 4 p.m. The event will take place at Crozier Middle School, located at 120 W. Regent St. This annual event not only celebrates Hispanic and Latino American heritage and culture but it recognizes the many contributions made by the Spanish-speaking community.

This year's festival will include live performances by Grupo Folklorico Macias, Sonsoles and The Reel Band. Radios personality Josefa Salinas [HOT 92.3 radio], who was part of last year's festivities, will serve as this year's mistress of ceremonies. The day's activities will be family-friendly and include face painting, carnival games, vendors, information booths, authentic Mexican food, health screenings and other interactive activities. The event is free and open to the public.

Persons interested in more information can contact the Parks, Recreation and Library Services Department at (310) 412-8750. •

Business Briefs

LAX Police Officers Receive Governor's Public Safety Medal

Steve Zouzounis and Officers David Lalicker, Brian Lopez, Robert Pedregon, Raymond Woods and Daniel Yu received Public Safety Officer Medals of Valor from Governor Jerry Brown on Monday, September 15, 2014, for their heroic actions during the November 1, 2013, shooting in Terminal 3 at Los Angeles International Airport (LAX). The Public Safety Officer Medal of Valor is California's highest award bestowed for heroism.

"I am incredibly proud of each and every one of the recipients of this prestigious award. Their actions on November 1 were above and beyond what they are charged with handling each day. Their bravery in the face of chaos was admirable and I am proud to serve with officers of their caliber," said Airport Police Chief Gannon. "This award is a tribute to each of these officers, and it's a tribute to all Airport Police." •

Inglewood Receives Residential Noise Mitigation Grant

Congresswoman Maxine Waters (CA-43) announced that the Federal Aviation Administration (FAA) awarded a \$10 million grant to the City of Inglewood for residential noise mitigation. The grant extends funding for the City's Residential Sound Insulation Program, which provides assistance to Inglewood families to mitigate the impact of noise from aircraft flying into and out of

Los Angeles International Airport (LAX).

The grant may be used to provide residential noise mitigation for up to 480 dwellings in the City of Inglewood. Inglewood residents who wish to find out if they qualify for residential noise mitigation can contact the City's Residential Sound Insulation Program at (310) 412-5289. •

Inglewood Celebrates Hispanic Heritage Month

Inglewood, CA (September 9, 2014) – On Saturday, September 20, 2014, the City of Inglewood will host a Hispanic Heritage Festival from 11:00 a.m. to 4:00 p.m. at Crozier Middle School, located at 120 West Regent Street. The event recognizes and celebrates Hispanic and Latino Americans' heritage, culture and contributions.

throughout the day include carnival and interactive games, face painting, vendor and information booths, health screenings, authentic Mexican food and much, much more. The public is invited to come and enjoy this free, fun-filled event.

For more information about Inglewood's Hispanic Heritage Festival, contact the Parks, Recreation and Library Services Department at (310) 412-8750 or visit the City's website at www.cityofinglewood.org (search keyword: Hispanic Heritage Festival). •



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School



Spotlight

Wiseburn After-School Program Developing

By Dylan Little

The Wiseburn Unified School Board invited Wiseburn Child Development Center program director Melissa Coughlin to their September 11 meeting to share with the public a recap of the changes going on at the center and what's in store for its future.

It's been just over a year since the Wiseburn Unified School District took over operations at the Wiseburn Child Development Center (WCDC), with the goal of providing low-cost, educationally appropriate summer and after-school programs. Superintendent Tom Johnstone said that while there have been a few complications with the center's launch, most notably on tuition costs, the center has overall improved since the district's takeover.

"I think that there were a lot of challenges and a lot of growing pains during the first year," said Johnstone. "But I'd also say that we're doing outstanding over there, we are light-years ahead of where we were at this time two years ago. We are very happy."

One of the changes Coughlin shared were the changes to curriculum at the WCDC. She said the new lessons are research-based and line up more appropriately with what students are learning in the classroom during the school day. The more rigorous lessons are being supported by additional training for the staff. "Our teachers are getting great training," said Coughlin.

The WCDC has also been working on reaching out to new families. The center put out a new brochure touting their new programs, and Coughlin said the response has been positive. Currently the center is at full enrollment, and Coughlin hopes the advertisement will keep it that way. "We are pleased to say . . . we still have people waiting to get in. We are very successful," said Coughlin.

The center has been calibrating its performance by conducting parent surveys covering topics like satisfaction with WCDC staff, value of the programs offer, and educational quality. The results show that parents of students in the WCDC are pleased with what their children are doing.

"I'm thrilled to say that out of a 1-5 rating we were close to 5 in every single mark. Our families are very happy," said Coughlin. "One of the best parts of the survey results is when I see what parents would say in terms of whether they would recommend the program. Out of all of them, a vast majority said they would."

While the WCDC's first year of operation has seen the center make a number of

changes, there are still more planned for the future. Coughlin said there are plans to continue making activities and lessons more academically based, along with possibly adding more technology, a book club and a newsletter to what the WCDC offers. However, this doesn't mean that parents are unhappy with what the center is currently offering. "My favorite [response to the parent survey] was when asked what we could improve, one parent said 'Nothing. You guys rock,'" said Coughlin.

The board also heard from budget and accounting director David Wilson on the district's new food service program. While it has only been in place for a few days, Wilson said it's already received rave reviews. "Everyone is very pleased, they are over the moon about it," said Wilson.

One person who spoke up about how pleased she was with the program was Laura Sullivan, principal of Peter Burnett Elementary. She said she's heard from students, parents, even custodians about the improvements in the new lunches.

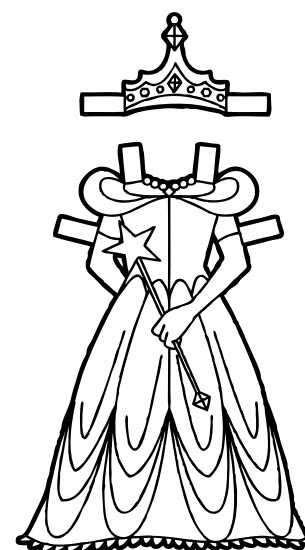
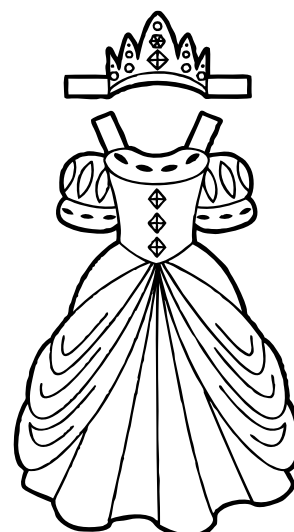
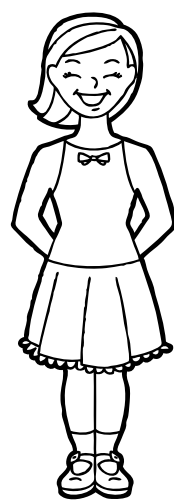
"My students are eating more and they aren't wasting food," said Sullivan. "They like the food. My custodians said they could tell because the trash is so much lighter. The parents are saying they want to eat there. It's a good program."

Similarly, Ana Elementary's principal Sarah Nitsos said the new meals are popular with her students and have been replacing unhealthy meals. "It's really a huge hit," said Nitsos. "It's a tremendous improvement to see our children eating food that is healthy."

In addition to the new healthier menu, the new program involves changing how lunch is served. Dana Middle School principal Blake Silvers said his school's single wrap-around lunch line has been converted into a number of individual lines.

"It was surprisingly very effective," said Silvers. "It was very natural. They just walk up and order their food, and the food is great."

However, the rollout wasn't completely without issues. Wilson said some schools experienced long lunch line delays as both students and staff adjusted to the new lunch system. There were also some complaints that the containers for the mac and cheese weren't able to contain the food, although Nitsos said she personally didn't have any problems. Wilson said he expects to iron out these complications as the program continues. "We've had a couple hurdles," said Wilson. "I think we are going to work out those details." •



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Calendar

HAWTHORNE
OCTOBER 2

• Hawthorne Job Fair held at Hawthorne Memorial Center from 10a.m. to 1p.m.

LAWDALE
OCTOBER 3

• 2014 Saint Catherine Labouré Parish Fiesta on Friday October 3rd: 6:00 pm to Midnight; Saturday October 4th : Noon to Midnight; Sunday October 5th: Noon to 9:00 pm. 3846 Redondo Beach Boulevard, Torrance, CA 90504 (310) 323-8900. •

Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

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AM to 5:00 PM Saturday 9-20, 9:00 AM to 1:00 PM House ware, clothing, toys, tools. Lots of good stuff.

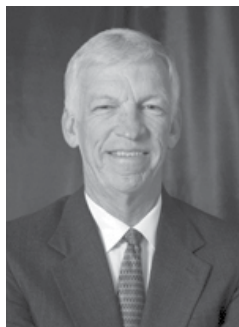
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To appear in next week's paper, submit your Classified Ad by Noon on Tuesday.

Hawthorne Happenings

News for the 'City of Good Neighbors'

From City Clerk Norb Huber



FESTIVAL CUBANO
The annual Cuban Festival will be held on Sunday, September 21 from 12 noon to 7 p.m at the Sociedad Jose Marti located at 12141 Prairie Avenue in Hawthorne. There is a \$10 admissions fee, with children 12 and under admitted free. There will be entertainment for the whole family, raffles, dance, food and lots of music. Every year the Cuban Festival brings out a good crowd of happy people celebrating their Cuban heritage. You don't have to be Cuban to join in on the fun. Parking is available on both sides of Prairie Avenue.

CHAMBER OFFICERS TO BE INSTALLED
On Friday, September 26th, the Hawthorne Chamber of Commerce will hold their annual Installation program and announce the civic awards for 2014. The program begins at 5:30 p.m. in the Venus Room of the Memorial Center. Volunteer of the Year and Citizen of the Year for Hawthorne are both announced at this dinner. For more information please call the chamber at: 310-676-1163.

FAMILY AND PET EXTRAVAGANZA
The third annual Family and Pet Extravaganza will be held on Saturday, September 27 at Kornblum Elementary School located at 3620 W. El Segundo Blvd. The program will begin at 10 a.m. and conclude at 4 p.m. The highlights each year include the American Diving Dogs, animal demonstrations, live music and much more. All of the proceeds goes in support of the Hawthorne Education Foundation. **Do not** bring your personal pet to the extravaganza.

TO MOVE OR NOT MOVE
Kathy, a friend of mine from my church works at the Honda Corporate offices in Torrance. She has worked for the company for over 20 years. Now, she is faced with a big decision. She must decide whether to move to Texas or stay here and try to find a new job here in the South Bay. Honda paid for her and her daughter to fly to the Dallas area to check out homes and see the community. Our current heat wave would be normal weather over in the Lone Star State.

NEW FILLING STATION
My wife and I were driving back from Fresno last Sunday. We had attended the Nebraska/Fresno State football game the night before. We stopped at the new outlet mall located at the base of the Grapevine on Interstate 5 south of Bakersfield. After my wife did some "browsing" we stopped for frozen yogurt.

In an adjacent parking lot was a Tesla super-charging station. Just last week, Elon Musk and Tesla made the news with the decision to locate a mega-bucks battery factory in Nevada instead of California. If Elon has his way, it looks like instead of lining up at the Mobile station in the future, we will be lining up to get "charged" at the electric charging stations located along our freeways.

MORE GOOD NEWS FROM NASA
As I write this, news came in that NASA has selected Boeing and SpaceX to send astronauts to the International Space Station by 2017. We have been buying transportation from the Russians for the past four years. The announcement that our very own SpaceX will be part of this program is huge. We continue to ride the way of success with our Hawthorne based SpaceX. More jobs means more money poured into the LA and South Bay economies.

TRAILER PARK
The latest word on the cleanup of the trailer park located on Inglewood Avenue and 133rd Street is that the process of removing the trailers is being slowed by the discovery of asbestos in the calking of the trailers. As you know, any removal of asbestos requires a certified team of experts who wear protective gear to handle the toxic substances.

WHERE IS NORBERT ...WHEN WE NEED HIM?
Last week it was hurricane Norbert, this week it's hurricane Odile that is drenching the Baja Peninsula of Mexico. Norbert dumped many inches of rain over in Arizona before he was finished. We need more than one storm this coming winter season. We need a series of wet, cold storms to dump many feet of snow up in our Sierra Mountains. •

Police Reports

Mon 9/1/14 to Sun 9/7/14
ROBBERY W 129TH ST/S HAWTHORNE BL Tue 09/02 12:54
ROBBERY W 135TH ST/S INGLEWOOD AV STREET, HIGHWAY, ALLEY Wed 09/03/14 23:54

Property Taken: Currency, \$400 In Cash From Front Right Pocket, Flip Flop Sandals
ROBBERY 3900 W ROSECRANS AV SHOPPING CENTER Thu 09/04/14 10:15
Property Taken: 16gb, 16gb, 8gb Blk, 4s 8gb Blk, 5c 16 Gb White, 5c 16gb Blue, 4 8gb White, 4 8gb White, 5s 16gb, 5c 16gb, Nokia Lumia 1320, Htc Windows 8gb, Samsung Galaxy Note Ii, Samsung Galaxy Note Ii, Samsung Galaxy S3, Samsung Galaxy S3, Samsung Galaxy S4

ATTEMPT ROBBERY 14900-BLK S HINDRY AV OTHER Thu 09/04/14 13:00
ATTEMPT ROBBERY 11900 S HAWTHORNE BL STREET, HIGHWAY, ALLEY Thu 09/04/14 22:33

Property Taken: Bicycle
ROBBERY 13300 S JEFFERSON AV STREET, HIGHWAY, ALLEY Thu 09/04/14 10:00

Property Taken: Blk Shoulder Strap Purse, Pre Paid Debit Cards, Misc Papers, Ebt Card
ROBBERY 14100 S CORDARY AV OTHER Sat 09/06/14 03:03

Property Taken: \$1,000.00, White Louie Vutton Purse
ROBBERY 3100 W EL SEGUNDO BL STREET, HIGHWAY, ALLEY SERVICE STATION, GAS VENDOR Sun 09/07/14 22:35

Property Taken: Brn Wallet W/"Magana" On One Side Of Wallet, \$650 Dollars Cash
BURGLARY - RESIDENTIAL 11900 S HAAS AV HOUSE Mon 09/01/14 11:13

Property Taken: Laces High School Class Ring, Various Xbox Video Games, Set Of Red Beats Wireless Head Phones, Two Panasonic Speakers

BURGLARY - COMMERCIAL 4800 W ROSECRANS AV STORAGE SHED, PUBLIC Sat 07/05/14 13:00

Property Taken: Coach Leather Purse (Gry), Ralph Lauren Leather Purse, Pair Of Coach Shoes, Unknown Make Tablet, Azio Laptop 15"

BURGLARY 13200 S DOTY AV Tue 09/02 16:15

Property Taken: Various Denomination Us Currency, Pair Of Red & Wht Shoes, Pair Of Blk & Wht Shoes

BURGLARY - RESIDENTIAL 4600 W 140TH ST HOUSE Thu 09/04/14 16:13
Property Taken: Televisions, Black And Grey 19" Sharp Flatscreen

BURGLARY - RESIDENTIAL 11700 S ACACIA AV APARTMENT/CONDO Wed 09/03/14 15:50

Property Taken: Misc, Apple Ipad 2nd Generation Black, Apple Ipad 2nd Generation White, Michael Korse Purse, Black With Tan Straps, Gallon Of Orange Juice, Chicken Breasts, Toilet Paper, Bananas

BURGLARY 3100 W 139TH ST Fri 09/05 07:24

BURGLARY - COMMERCIAL 12500 RAMONA AVE STORAGE SHED, PUBLIC Thu 09/04/14 08:00

Property Taken: Orange Fire Hydrant
BURGLARY - RESIDENTIAL 14100 S LEMOLI AV APARTMENT COMMON AREAS (LNDRY,CLB HSE,ETC) Sun 09/07/14 01:33

Property Taken: Multiple Us Postal Mail Letters •

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Metro Briefs

SOUTH BAY

New Metro Fare Structure In Effect
Metro has adjusted its bus and rail fares effective September 15, 2014. The new structure allows customers to transfer to connecting lines to complete their one-way trip on a single fare when paid with a TAP card. For complete details, visit metro.net/fares. Also find out if you are eligible for a reduced fare at metro.net/riderrelief.

Join In Rideshare Week Oct. 6-10
Make a pledge to carpool, vanpool or use public transit to get to work at least one day during Rideshare Week, October 6-10, and be eligible to win valuable prizes. The program is open to employers and employees alike. Visit metro.net/rideshareweek for details.

Construction Moves to Leimert Park
Construction activities are now underway in the Leimert Park area of the Crenshaw District as the Crenshaw/LAX Transit Corridor light rail line project moves forward. The 8.5-mile line will connect Crenshaw with the Metro Green Line and the Expo Line. Check for progress updates at metro.net/crenshaw.

Go Metro To The Taste of Soul
Experience more than 400 of LA's tastiest food vendors along with free entertainment at the Taste of Soul Family Festival. It's on Saturday, October 18 from 10am to 7pm along Crenshaw Boulevard between Rodeo Road and Stocker Street in the Crenshaw District. Take the Metro Expo Line and exit at the Expo/Crenshaw Station.



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Seniors

Don't Make These Common Mistakes When Something Hurts

(BPT) - Managing pain can be tough, whether you're one of the 100 million Americans with chronic pain, or only suffer from the occasional backache or headache. September is National Pain Awareness Month, the perfect time to make sure you're managing your pain the best way possible.

While many people can manage pain on their own, or can be helped by a primary care physician, those with unrelenting, challenging pain should consider seeing a pain medicine specialist.

"One of the biggest mistakes patients make is not visiting a pain medicine specialist such as a physician anesthesiologist when they experience persistent, complex pain," says Dr. Richard Rosenquist, chair of the American Society of Anesthesiologists (ASA) Committee on Pain Medicine and chairman of the Department of Pain Management in the Anesthesiology Institute at the Cleveland Clinic. "Physician anesthesiologists and other pain medicine specialists can fully assess a patient's pain and prescribe a treatment plan. This may incorporate medications, injections that can control pain for up to a year, spinal



cord stimulation, physical and psychological therapies and alternative therapies, such as acupuncture."

The ASA and its physician anesthesiologist members note these five mistakes patients in pain often make:

1. Taking medication incorrectly. Whether you're taking opioids (narcotics) for chronic

pain or an over-the-counter pain remedy such as ibuprofen for a sore back, don't take more than prescribed or recommended by the manufacturer. With prescription pain medication, taking more than directed can lead to addiction or even accidental overdose. It's critical to follow your physician's instructions carefully. If you're still in pain after taking the prescribed dose, contact your physician to discuss other pain relief options.

2. Choosing the wrong medication. Over-the-counter pain relievers can help you manage the pain of a sprained ankle or twisted knee without seeing a doctor. But choosing the right pain relief medication can depend on your health history. If you have liver problems or consume three or more alcoholic drinks a night, avoid acetaminophen which can cause liver damage. And anti-inflammatory pain relievers such as ibuprofen and naproxen can make high blood pressure and kidney disease worse, so ask your physician or a pharmacist for an alternative recommendation.

3. Demanding an X-ray. Studies show tests such as X-rays and MRIs do not do a good job of pinpointing the cause of pain. For

example, you might have pain, but nothing shows up on the image. And vice versa - sometimes things show up on X-rays that aren't causing problems or pain. That's why it's so important to see a physician who can assess your symptoms and order the most effective tests when necessary.

4. Not thinking outside the pill box. Many treatments that don't involve taking medication help people in pain find relief. For example, spinal cord stimulation uses electrical signals to short circuit pain in the lower back and legs. Other alternative treatments that may help include injections, acupuncture, massage, meditation and physical therapy.

5. Neglecting your overall health. Studies show people who smoke are more likely to have chronic pain, so if you smoke get the help you need to quit. Also, be sure to eat healthy. Studies show following an anti-inflammatory diet of wholesome, unprocessed foods (vegetables and foods high in omega-3 fatty acids, such as wild salmon and walnuts) may help reduce pain. The healthier you are, the better you'll feel and the less pain you'll have. •

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Sports

Hard Work Goes from Bottom to Top



Aaron Gomez of Hard Work gets ball past the defense of the Young Ballers' Amadin Malik in last Saturday's Hawthorne Parks and Recreation Division IV championship game. Hard Work won 31-30 on a buzzer-beating basket from Brandon Lopez. All photos by Joe Snyder

By Joe Snyder

Over the regular Hawthorne Parks and Recreation Youth Basketball season, the Hard Work Division IV basketball team struggled through a 1-9 slate. With the four-team league, all four teams made the playoffs as Hard Work took on top seed and unbeaten Been Winning. An inspired Hard Work squad shocked Been Winning 58-46 on Sept. 6.

That put Hard Work up against second seed Young Ballers. The Young Ballers led throughout most of the game and led by as many as nine points at one stage. In the second half, Hard Work staged a comeback and stayed close to the Ballers and they had them right there. With just under a second left in the game, Brandon Lopez connected on a buzzer beating three-point basket as they pulled off a 31-30 victory and an amazing championship.

"They took it to us at first," Hard Work coach Ed White said. "I told the kids it would not be easy. We showed it when it counted." Yvan Sison led Hard Work with eight points, followed by Joshua Love and Lopez with seven points apiece. The Young Ballers' Eddie Kemp led all scorers with 17 points. Brandon Gonzalez added six points. It was a thrilling

all-around championship finals.

In Division III play, it was the Generals that outlasted the Hawkeyes 24-22 in overtime. Joshua (last name unavailable) led the Generals with a game-high 12 points, followed by Yasher Phifer with four. The Hawkeyes' balanced scoring attack was led by Ben Banuelos with seven points. Imari Moseley chipped in six.

In the Division II final, the Lakers nipped Dream Team 11-10. Aymar Sullivan sparked the Lakers with six points. Robert Moseley also played well for the Lakers. The Skylanders won the Division I championship with a 17-8 win over Gold Rush.

INGLEWOOD CAN'T KEEP UP WITH WEST

After opening the season under first year head coach Jason Miller with a narrow 27-22 loss to host Laguna Hills, Inglewood High's

State University-bound Michael Williams. In the drive, the Sentinels drove 79 yards in 17 plays. That cut the Warriors' lead to 17-6. West, though, finished off the Sentinels on an 8-yard third quarter touchdown run from Ojiwi and a 25-yard fourth quarter field goal by McGraw.

"We knew that West used the no-huddle offense for six years and they did the same thing to us," Miller said. "I felt we could hold them down."

In his past coaching stints, especially as an assistant at Leuzinger several years ago, Miller was a master mind to the Double Wing T offense. Inglewood used that offense throughout most of the game and mostly ran. Quarterback Jerome Roseborough had a few passes but was intercepted twice; both by West defensive back Joey Johnson, and threw for



Inglewood High ballcarrier Michael Williams attempts to elude West Torrance defender Dale Rouse in last Friday's non-league football game. The Sentinels lost to the Warriors 27-6. Inglewood hosts Bell at Coleman Stadium Friday at 7 p.m.



The Generals captured the Hawthorne Parks and Recreation Division III title with a thrilling 24-22 overtime win over the Hawkeyes on Saturday.

football traveled to take on West Torrance, the CIF-Southern Section Western Division's top ranked team, last Friday. Inglewood's defense did its best to hold down the Warriors, led by an explosive running back Brett Ojiwi, but West proved too much for the Sentinels 27-6. Zac McGraw got things started with a 14-yard touchdown pass from quarterback Trevor Mallet and his first of two field goals to give the Warriors (2-0) an early 10-0 lead. Ojiwi upped West's lead to 17-0 with 8:07 left in the second quarter with a 7-yard TD run.

Inglewood (0-2) got on the scoreboard seven seconds before halftime when Kendrick Johnson scored on a one-yard run that was set up by an 11-yard run from Washington

just 15 yards. Ojiwi sparked the Warriors by rushing for 131 yards and two touchdowns. Inglewood will look for its first win as it comes home to face CIF-Los Angeles City Section team Bell Friday at 7 p.m.

HAWTHORNE ROUTS BLAIR

After losing its season opener to Lynwood 40-17 on Sept. 5 at Hawthorne, the Cougars evened their record to 1-1 by crushing Blair High from Pasadena 51-6 last Friday at home. The Cougars were led by returning all-Ocean League running back Paris McDaniel who rushed for four touchdowns. He finished the game running for 212 yards.

It was Hawthorne's second straight blowout win over Blair. Last year, the Cougars

hammered the Mustangs 69-0. The Cougars face Verbum Dei High from South L.A. at L.A. Southwest College Friday at 7 p.m.

LEUZINGER ENDS LOSING STREAK

Leuzinger High's football team snapped a 16-game losing streak with a hard-fought 9-7 win over host Bishop Montgomery High last Friday in Torrance. The Olympians scored about three minutes into the second period on a 4-yard touchdown pass from quarterback Edson Santos to running back Lionel Smith. Leuzinger added a 30-yard field goal from Steven Ortiz late in the second quarter that gave the Olympians a 9-7 lead entering halftime.

There was no scoring in the second half as Leuzinger's defense was able to hold the Knights scoreless. The Olympians (1-1) visit cross town rival Lawndale Friday at 7 p.m. The Cardinals fell to 0-2 after losing on the road to a highly regarded Crespi team 49-0 last Friday in Encino.

MORNINGSIDE FALLS TO TORRANCE

After humiliating Animo South L.A. 66-0 on Sept. 5, Morningside High's football team found Torrance much tougher in a 35-20 loss last Friday at Coleman Field. Christian Williams sparked the Monarchs (1-1) by rushing for 200 yards and a touchdown on 18 carries. He also had a 92-yard kickoff return. Morningside visits St. Bernard in Playa del Rey Friday at 7 p.m. •

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Fictitious Business Name Statement 2014198214
 The following person(s) is (are) doing business as LAX COFFEE, 115 E. ARBOR VITAE ST., INGLEWOOD, CA, 90301, LOS ANGELES COUNTY. Registered Owner(s): MIX N ROLL BAKERY, 4841 W. 96th ST., INGLEWOOD, CA 90301. This business is being conducted by a corporation. The registrant commenced to transact business under the fictitious business name listed above on: N/A. Signed: Mix N Roll Bakery, Vice President, Leydi E. Martinez. This statement was filed with the County Recorder of Los Angeles County on July 30, 2014.
 NOTICE: This Fictitious Name Statement expires on July 30, 2019. A new Fictitious Business Name Statement must be filed prior to July 30, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
 El Segundo Herald Pub. 8/28, 9/4, 9/11, 9/18/14. H-1149

Fictitious Business Name Statement 2014237873
 The following person(s) is (are) doing business as BEACH MEX, 409 E. GRAND AVE., EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): NEW HOMBRES, LLC., 1721 PALMETTO LN, KINGWOOD, TX, 77339, TEXAS, LLC., New Hombres, LLC, member, Scot Nicol. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name listed above on: July 28, 2014. Signed: Name. This statement was filed with the County Recorder of Los Angeles County on August 21, 2014.
 NOTICE: This Fictitious Name Statement expires on August 21, 2019. A new Fictitious Business Name Statement must be filed prior to August 21, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
 El Segundo Herald Pub. 8/28, 9/4, 9/11, 9/18/14. H-1150

Fictitious Business Name Statement 2014218216
 The following person(s) is (are) doing business as WESTERN CASE COMPANY, 343 B. RICHMOND ST., EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): PHILIP WATT MEDLEY, 343 B. RICHMOND ST., EL SEGUNDO, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed above on: MAY 1, 1992. Signed: PHILIP WATT MEDLEY, OWNER. This statement was filed with the County Recorder of Los Angeles County on AUGUST 07, 2014.
 NOTICE: This Fictitious Name Statement expires on AUGUST 07, 2019. A new Fictitious Business Name Statement must be filed prior to AUGUST 07, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
 El Segundo Herald: Pub. Sept. 11, 18, 25, Oct. 2, 2014 H-1151

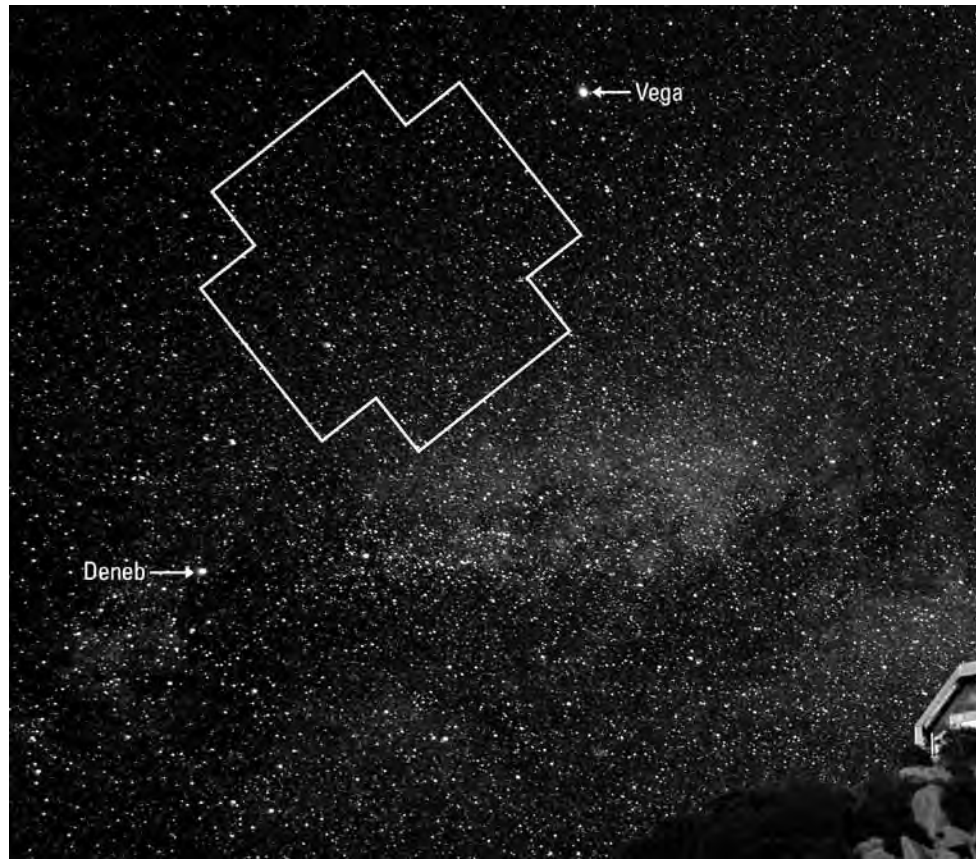
ONE FINDS LIMITS BY PUSHING THEM. - HERBERT SIMON

Fictitious Business Name Statement 2014221258
 The following person(s) is (are) doing business as 1) NICOL REAL ESTATE; 2) NICOL DEVELOPMENTS; 3) NICOL ARTISTRY, 105 WEST GRAND AVE., EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY. Registered Owner(s): 1) SCOT F. NICOL, 905 LOMA VISTA, EL SEGUNDO, CA, 90245; 2) KIMBERLY NICOL, 905 LOMA VISTA, EL SEGUNDO, CA, 90245. This business is being conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name listed above on: 01/01/2014. Signed: SCOT F. NICOL, OWNER. This statement was filed with the County Recorder of Los Angeles County on August 11, 2014.
 NOTICE: This Fictitious Name Statement expires on August 11, 2019. A new Fictitious Business Name Statement must be filed prior to August 11, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
 El Segundo Herald Pub. Sept. 11, 18, 25, Oct 2, 2014 H-1152

Fictitious Business Name Statement 2014247094
 The following person(s) is (are) doing business as TECHNOLOGY DYNAMIX, 553 N. PACIFIC COAST HIGHWAY, SUITE B, #1721, REDONDO BEACH, CA 90277, LOS ANGELES COUNTY. Registered Owner(s): COMPASS CREATIVE, INC. 553 N. PACIFIC COAST HIGHWAY, SUITE B, #1721, REDONDO BEACH, CA 90277, CALIFORNIA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed above on: n/a. Signed: Eric R. Brodeur, President. This statement was filed with the County Recorder of Los Angeles County on September 2, 2014.
 NOTICE: This Fictitious Name Statement expires on September 2, 2019. A new Fictitious Business Name Statement must be filed prior to September 2, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
 El Segundo Herald Pub. September 18, 25, October 2, 9, 2014 H-1153

Looking Up

Half of All Exoplanet Host Stars Are Binaries



The Kepler field of view, located between two bright stars in the summer triangle, rising over the WIYN telescope in southern Arizona. Photo provided by National Optical Astronomy Observatory, www.noao.edu

Based on press release from American Astronomical Society, provided by Bob Eklund

Imagine living on a planet that has two suns. One you orbit, and the other is a very bright, nearby neighbor looming large in

your sky. With this “second sun” in the sky, nightfall might be a rare event, perhaps only coming seasonally to your planet. A new study suggests that this could be far more common than we realized.

NASA’s Kepler Space Telescope has

confirmed about 1,000 exoplanets. Until now, there has been an unanswered question about exoplanet host stars: how many host stars are binaries, or double stars? Binary stars have long been known to be commonplace—about half the stars in the sky are believed to consist of two stars orbiting each other. So, are stars with planets equally likely to have a companion star, or do companion stars prevent the formation of planets?

The study, by a team of astronomers led by Dr. Elliott Horch, Southern Connecticut State University, has shown that stars with exoplanets are just as likely to have a binary companion: 40% to 50% of the host stars of confirmed exoplanets are actually binary stars.

Their study makes use of very high spatial resolution observations that were carried out on the WIYN telescope located on Kitt Peak in southern Arizona and the Gemini North telescope located on Mauna Kea in Hawaii. The technique used by the team is called speckle imaging and consists of obtaining digital images (15 to 25 times a second) of a small portion of the sky surrounding a star of interest. The images are then combined in software using a complex set of algorithms, yielding a final picture of the star with a resolution better than that of the Hubble Space Telescope.

By using this technique, the team can detect companion stars that are up to 125 times fainter than the target but only 0.05 arcsecond away. For the majority of the Kepler stars, this means companion stars

with a true separation of a few to about 100 times the Sun-Earth distance. By noting the occurrence rate of these true binary companion stars, the discoveries can be extended to show that half of the stars that host exoplanets are probably binaries.

Co-author of the study, Dr. Steve B. Howell (NASA Ames Research Center), commented, “An interesting consequence of this finding is that in the half of the exoplanet host stars that are binary we cannot, in general, say which star in the system the planet actually orbits.”

The Kepler orbiting telescope has discovered a number of circumbinary planets, that is, a planet that orbits both stars in very close binary systems. There also exist exoplanets that are known to orbit one of the stars in very wide binary systems. If the two stars are very close to each other and the planet far away, a circumbinary planet will be reminiscent of the planet Tatooine in “Star Wars.” If instead the exoplanet orbits one of the stars in a very wide pair, the companion star might appear simply as a bright star among others in the night sky. “Somewhere there will be a transition between these two scenarios,” Howell said, “but we are far from knowing where.”

The accompanying figure marks out the Kepler Space Telescope’s field of view (the part of the sky being studied here), located between two bright stars in the “summer triangle,” rising over the Kitt Peak telescope in southern Arizona. •

PUBLIC NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF LEROY WARREN Case No. BP155336

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of LEROY WARREN: A PETITION FOR PROBATE has been filed by Paula Gilbert in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that Paula Gilbert be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on October 2, 2014 at 8:30 AM in Dept. No. 29 located at 111 N. Hill Street, Los Angeles CA 90012.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner
William R. Moore
SBN#109662
4470 W. Sunset Blvd #149
Los Angeles, CA 90012
Inglewood News
Pub. 9/4, 9/11, 9/18/14

HI-24397

NOTICE OF PUBLIC HEARING TO CONSIDER ADOPTION OF ORDINANCE NO. 2078 (APPROVING ENGINEERING & TRAFFIC SURVEY PREPARED BY CITY CONSULTANT AND APPROVING AMENDMENT TO CHAPTER 10.16 OF THE HAWTHORNE MUNICIPAL CODE)

NOTICE IS HEREBY GIVEN that on Tuesday, September 23, 2014, at 6:00 P.M., a Public Hearing will be held in the City Council Chambers, 4455 West 126th Street, Hawthorne, California, 90250 to consider all protests or objections to Ordinance No. 2078, Approving Engineering & Traffic Survey Prepared by City Consultant & Approving Amendment to Chapter 10.16 of the Hawthorne Municipal Code re: Speed Limits. If you challenge the subject matter of this public hearing in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing. Ordinance No. 2078, along with the staff report has been filed with the City Clerk detailing Chapter 10.16. Ordinance No. 2078 is available for public inspection during regular office hours. Further information may be obtained by contacting the Public Works Director at 4455 West 126th Street, Hawthorne, CA 90250 (310) 349-2977. City Hall will be closed on September 19th 2014.

Publish: September 11th and September 18th.
Hawthorne Press Tribune Pub. 9/11, 9/18/14
HH-24405

YOUR PUBLIC NOTICES

NOTICE OF PUBLIC HEARING TO CONSIDER ADOPTION OF ORDINANCE NO. 2080 (WATER CONSERVATION PROGRAM WITH PENALTY/ FINE PROVISION)

NOTICE IS HEREBY GIVEN that on Tuesday, September 23, 2014, at 6:00 P.M., a Public Hearing will be held in the City Council Chambers, 4455 West 126th Street, Hawthorne, California, 90250 to consider all protests or objections to Ordinance No. 2080, Adding Chapter 8.60 to the Hawthorne Municipal Code Adopting a Water Conservation Program. If you challenge the subject matter of this public hearing in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing. Ordinance No. 2080, along with the staff report has been filed with the City Clerk detailing Chapter 8.60. Ordinance No. 2080 is available for public inspection during regular office hours. Further information may be obtained by contacting the Public Works Director at 4455 West 126th Street, Hawthorne, CA 90250 (310) 349-2977. City Hall will be closed on September 19th 2014.

Publish: September 11th and September 18th.
Hawthorne Press Tribune Pub. 9/11, 9/18/14
HH-24406

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Ingredients

<p>For the taco meat filling:</p> <p>1 teaspoon vegetable oil 1/2 cup diced onion 1 pound extra-lean ground beef or ground turkey 1 can (4 ounces) diced, mild green chilies 1 can (14.5 ounces) diced tomatoes, no salt added, drained 1/2 cup drained canned corn 1/2 cup drained and rinsed canned red kidney beans 1 teaspoon chili powder</p>	<p>1/2 teaspoon ground cumin 1/4 teaspoon ground black pepper Salt, to taste (optional)</p> <p>For serving:</p> <p>Spray oil 8 (8-inch) whole-wheat flour tortillas, warm according to package directions 1/2 cup fancy, shredded monterey jack cheese 1 cup finely shredded lettuce 1 cup diced avocados (optional)</p>
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Preparation

1. Heat oil in a large skillet over medium-high heat.
2. Add onion and saute until lightly browned, stirring often, about 4 minutes.
3. Add beef and cook until lightly browned, about 4 minutes.
4. Add chilies, tomatoes, corn, beans, chili powder, cumin and pepper and
5. Season to taste with salt, if needed.
6. Transfer to a serving bowl and keep warm.
7. To serve the original Family Fiesta Soft Tacos, plate up warm tortillas,
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9. Assemble and enjoy. •



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